



Saturday, January 17 2009 - 8 AM

No Excuses - Just Do It & register for the River Road Resolution 5K! Put your New Year resolutions into action. This Jacksonville Grand Prix Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), and is run along the beautiful St. Johns River on River Road. Start the New Year right!

5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards)

Walkers are invited to join us, however there will be no Walking Awards category in this race.

FUN RUN: One mile Fun Run starts at **9:00 AM**. There is no charge for the Fun Run, but all runners must complete an entry form & bring it on Race Day (do not mail-in). Awards to all Fun Run finishers.

RACE PACKET PICKUP: Thurs., 1/15, or Fri., 1/16, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either:

Orange Park: 550-7 Wells Rd, 264-3767,
Jax: 3931 Baymeadows Rd, 731-3676 & 2016 San Marco Blvd, 399-8880, or Jax Beach: 424 South 3rd St., 270-2221.

Race Day at the Orange Park Kennel Club. Day of race registration will begin at 6:30 AM. T-Shirts are guaranteed to all pre-registered 5K entrants.

COST: Please see the following table:

- *There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)

- **There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20.

Make check payable to: River Road Resolution 5K

Mail completed application & check to:
River Road Resolution 5K
3931 Baymeadows Rd
Jacksonville, FL 32217

Race fees are non-refundable.

More Information: Contact Bob Boyd at 272-1770, BobBoydFL@gmail.com or www.floridastriders.com.

You may also register on-line at www.Active.com.



FUN RUN!

There is a FREE one mile Fun Run at 9:00 AM with awards for all finishers and \$1800 in participation money for elementary schools!

Race Entry received:	Strider or Military	Not a Strider
by January 7	*\$12	*\$14
1/8 thru 1/16	*\$15	*\$17
Race Day	**\$20	**\$20



The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and a Social each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the *Strideright*, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, Mike Mayse, 777-6108, or email mjmayse@comcast.net for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

Please Print

New

Name: Last _____ First _____ M.I. _____

Renewal

Address _____ # in Family _____ Your Occupation: _____

City/State/Zip _____ Spouse's Name _____ Your Employer: _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____

E-mail _____

Signature _____

Date _____

Annual Dues:

- Family \$20 (2 years \$40, 3 years \$60)
- Single \$15 (2 years \$30, 3 years \$45)
- Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)
- Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

Mail Application with dues to:
 Florida Striders
 8559 Boysenberry Lane E.
 Jacksonville, FL 32244

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

ADDITIONAL SPONSORS



Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3 for their service.

RIVER ROAD RESOLUTION 5K ENTRY FORM

RACE# (FSTC USE ONLY) _____

Packet Pick-Up (Choose One)

Baymeadows 1st Place

Sports 1/15 or 1/16

San Marco 1st Place

Sports 1/15 or 1/16

Day of Race @ Orange

Park Kennel Club

Y N

Ever run and/or walked a race before?

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

First Name

Last Name

_____|_____|

M F

S M L XL

5K

FUN RUN
 (no charge - just bring entry form with you on Sat., 1/17, race day)

Personal Champion

_____|_____|_____|_____|_____|_____|

Chip # (can NOT be used for Day of Race registration)

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

Street Address (include apt. number)

_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|_____|

City

State

Zip Code

_____|_____|_____|

_____|_____|_____|

_____|_____|_____|

Fee Enclosed \$ _____

Check

Cash

FSTC Member

Military

Telephone Number

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Your Signature _____

Date _____

Parent's Signature (if under 18 years of age) _____

Date _____

Make Check Payable to: River Road Resolution 5K • 3931 Baymeadows Rd • Jacksonville, FL 32217 or drop off at any 1st Place Sports location.